

# OVER 50's BIKE RIDE

Join a **FREE**, fun and leisurely bike ride from the City Centre to and around Southampton Common to include refreshments at the Hawthorns Café.

## Where:

The ride will start and end at The Quays Swimming Pool, 27 Harbour Parade, SO15 1BA. Meet outside right-hand set of steps leading to Quays entrance.

## When:

Friday 1 October 2010

## Time:

Registration and bike allocation at 10:00, ride starts at 10:30 (ride takes approx. 1 hour)

**Don't have a bike? Limited number of bikes and helmets available for FREE hire. Contact us!**

NB: Participants must be confident riding on short stretches of road.



Registered Charity No. 326550 (England and Wales) SCO39263 (Scotland)

  
**sustrans**  
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For more information and to book (no later than Monday 27 September 2010), please contact Kelli Stephens on **Tel: 023 8051 5234** or **Email: [kelli.stephens@solent.nhs.uk](mailto:kelli.stephens@solent.nhs.uk)**